

Calorie needs vary based on many factors

(ex. age, sex, body weight, height, physical activity, acute and chronic diseases)

USDA Recommended Amounts
for Food Groups for Average Adult

CALORIE LEVEL OF PATTERN	1,600	1,800	2,000	2,200	2,400	2,600	2,800	3,000
VEGETABLES (cup equivalent/day)	2	2 ½	2 ½	3	3	3 ½	3 ½	4
FRUITS (cup equivalent/day)	1 ½	1 ½	2	2	2	2	2 ½	2 ½
GRAINS (ounce equivalent/day)	5	6	6	7	8	9	10	10
DAIRY (cup equivalent/day)	3	3	3	3	3	3	3	3
PROTEIN (ounce equivalent/day)	5	5	5 ½	6	6 ½	6 ½	7	7
OILS (grams/day) 1 Tbsp veg oil = 13.5 g	22	24	27	29	31	34	36	44

Recommended amounts should be met with nutrient-dense foods. Nutrient-dense foods are foods that are rich in nutrients but have minimal sodium, saturated fat, refined grains, and added sugars. These foods help us to meet our vitamin and mineral needs while staying within our calorie limits.



PORTION SIZE GUIDE

Note: Photos are not proportionate to real size.

FRUITS: 1 1/2-2 1/2 cup equiv a day. Each of these is one cup equivalent ...



1 small apple
1/2 large apple
2/3 cup baked apple



1 large banana
2/3 cup mashed banana



1 cup cut-up fruit or small berries
(fresh, frozen, or canned & drained)



1 large orange



1 cup
100% fruit juice



1 medium pear



1/2 cup dried fruit
(raisins, apricots, prunes)



3 medium plums
2 large plums



8 large strawberries



10 dates
1/2 cup dates



22 grapes



1 medium
grapefruit



1 small slice
watermelon



5 fresh figs
10 dried figs



1 medium
mango



1 large peach



2-3 kiwi



1 small papaya



3 guavas

VEGETABLES: 2-4 cup equiv a day. Each of these is one cup equivalent ...



2 cups raw
leafy greens



1 cup cooked
leafy greens



1 cup cut-up or mashed
vegetables
(raw or cooked)



1 cup
100% vegetable juice



1 cup cooked beans,
peas, or lentils



1 large tomato
2 small tomatos



1 small avocado



1 large
bell pepper



1 medium potato



2 large
celery stalks



2 medium carrots



1 large ear of corn

PORTION SIZE GUIDE

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GRAINS: 5-10 ounce equiv a day. Each of these is one ounce equivalent ...



1 slice bread



1 small roti (6")
1/2 large roti (8")



1 small piece
cornbread



1 small tortilla (6")
(corn or flour)



1 mini bagel (2")



1/2 English muffin



1 small biscuit



1 pancake (4 1/2")
2 small pancakes (3")



1 cup
cold cereal



1/2 cup cooked oatmeal
1 oz or 1/3 cup uncooked oatmeal



1/2 cup cooked rice
1 oz uncooked rice



1/2 cup other cooked grains
(buckwheat, couscous,
barley, bulgur, grits)



1/2 cup cooked pasta
1 oz uncooked pasta



5-7 crackers



3 cups popped
popcorn

PROTEIN: 5-7 ounce equiv a day. Each of these is one ounce equivalent ...



1 oz cooked meat
(poultry, beef, lamb,
pork, organ)



2 oz cornish hen



1 oz cooked
fish or shellfish



1 slice deli meat
(4 1/2" x 2 1/2" x 1/8")



1/4 cup cooked beans,
peas, or lentils



1 egg whole
1 1/2 egg white



2 oz or 1/4 cup tofu



1/4 cup cooked
soybeans



1/2 oz nuts or seeds
12 almonds
24 pistachios
7 walnut halves



1 tablespoon
nutbutter or tahini
(peanut, almond,
cashew, sunflower)



1 falafel patty (2 1/4")



6 tablespoons
hummus

DAIRY: 3 cup equiv a day. Each of these is one cup equivalent



1 cup milk



1 cup calcium-fortified
soy milk



1 cup yogurt



1½ oz hard cheese
(cheddar, mozzarella,
swiss, parmesan)



½ cup ricotta cheese



2 cups cottage cheese



⅓ cup
shredded cheese



1 oz processed
cheese (American)

Information from the USDA website: www.myplate.gov



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